



Natural disasters, climate change and mental health considerations for rural Australia

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Abstract:

This paper addresses a very salient feature of rural life and landscapes in Australia, natural disasters, and offers a psychological perspective on individual and community perceptions, responses, preparedness and planning. The convergent perspective offered reflects research and practice findings and insights from social and environmental psychology, as well as clinical, health and community psychology. The objective is to briefly characterise how these psychological approaches frame the psychological and social reality of these threats and events, and to canvas what insights and evidence-based best practice psychology have to offer allied professionals and paraprofessionals, and rural communities, as they experience and come to terms with the vagaries and extremes of the Australian environment.

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Resource Description

Exposure :

weather or climate related pathway by which climate change affects health

Extreme Weather Event

Extreme Weather Event: Drought, Flooding, Hurricanes/Cyclones, Wildfires

Geographic Feature:

resource focuses on specific type of geography

Rural

Geographic Location:

resource focuses on specific location

Non-United States

Non-United States: Australasia

Health Impact:

specification of health effect or disease related to climate change exposure

Mental Health/Stress

Mental Health Effect/Stress: Other Mental Disorder

Medical Community Engagement: 

resource focus on how the medical community discusses or acts to address health impacts of climate change

A focus of content

Mitigation/Adaptation: 

mitigation or adaptation strategy is a focus of resource

Adaptation

Resource Type: 

format or standard characteristic of resource

Review

Resilience: 

capacity of an individual, community, or institution to dynamically and effectively respond or adapt to shifting climate impact circumstances while continuing to function

A focus of content

Timescale: 

time period studied

Time Scale Unspecified

Vulnerability/Impact Assessment: 

resource focus on process of identifying, quantifying, and prioritizing vulnerabilities in a system

A focus of content